

## Intervention: School-based programs for preventing smoking

Finding: Mixed evidence

### Potential partners to undertake the intervention:

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Nonprofits or local coalitions        | <input type="checkbox"/> Businesses or labor organizations          |
| <input checked="" type="checkbox"/> Schools or universities               | <input type="checkbox"/> Media                                      |
| <input type="checkbox"/> Health care providers                            | <input checked="" type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments                  | <input type="checkbox"/> Policymakers                               |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other:                                     |

### Findings from the systematic reviews:

There is no strong evidence that school-based programs that provide information only are effective. Many school-based programs use social influence models, which tend to be most effective especially when enhanced by an extensive community-based health education program. However, studies focusing on these models found only short-term effects on youth smoking behavior, which diminished over time. No long-term effects for these programs were found even though studies included up to 65 lessons over eight years.

It is possible that combining the social influence model with other components, such as community interventions and generic social competence training, may improve effectiveness. However, these interventions have not been subject to the same rigorous evaluation as the social influence approach.

### References:

Lantz PM, Jacobson PD, Warner KE, Wasserman J, Pollack HA, Berson J, Ahlstrom A. Investing in youth tobacco control: a review of smoking prevention and control strategies. *Tobacco Control* 2000; 9: 47-63.

Thomas R. School-based programmes for preventing smoking. *The Cochrane Database of Systematic Reviews* 2002, Issue 2 Art. No.:CD001293. DOI: 10.1002/14651858.CD001293.